

# SURFACE TO SOUL

Live Well | Lead Well | Coach Well

## Sample Mealtime Prayers

Give us grateful hearts, and make us mindful of the needs of others, through Jesus Christ our Lord. Amen.

For the bounty laid before us, may the Lord make us thankful, and ever mindful of the needs of others. Amen.

Dear Lord, bless this food to the nourishment of our bodies and us to your service. In Christ's name we pray. Amen.

Bless us, O Lord, for these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord we pray. Amen

Dear Lord, thank you for this food. Bless the hands that prepared it. Bless it to our use and us to your service, and make us ever mindful of the needs of others. Through Christ our Lord we pray. Amen.

Thank you, God, for loving me. Thank you for my family. Help me to learn more each day and to be kind at work and play. Amen.

We thank Thee for our daily bread. Let, also, Lord, our souls be fed. O, Bread of Life, from day to day, sustain us on our homeward way. Amen.

Lord, we have been nourished by our meal and by Your presence with us. Give us strength to build the unity of love among ourselves and friends and others. Help us grow in your ways, which are the ways of peace. We offer this prayer through Jesus, who is our way, our truth, and our life. Amen.

May our home be made holy, O God, by Your light. May the light of love and truth shine upon us all as a blessing from You. May our table and our family be consecrated by Your divine presence at this meal and at all our family meals. Amen.

God, bless this food we are about to receive. Give bread to those who hunger; and hunger for justice to those who have bread. Amen.

Bless each of our families. Bless this food that we eat. May we be a blessing to all that we meet. Amen.

When I get up, I'm thankful for a brand-new day. When I get dressed, I'm thankful I can run and play. When I sit down to eat, I'm thankful for my food. And most of all, I'm thankful for a God who is so good. Amen.

God our Father, Lord and Savior, thank You for Your love and favor. Bless this food and drink, we pray, and all who share with us today. Amen.

For health and food, for loving care, for friends and blessings everywhere; we give you thanks, O God. Amen.

Thanks we give to God above, for this bread, this sign of love. That our words and loving deeds help bring comfort and help feed. Bless us Lord that we may be Christ for others, serving Thee. Amen.

Thank You God, as this day ends, for my family and my friends. Taking time to sit and pray, thank You God for this great day! Amen.

Thank You God for the blessing of friends and family here around your table. Make us all mindful of your gifts and help us to share them with others. Amen

Gracious God, give us grateful hearts, aware of the abundance in our lives. Give us sensitive spirits, mindful of the needs of others. Give us generous hearts, willing to share our abundance with those in need. Amen

Thank You God for the food we eat; thank You for the friends we meet; thank You for our work and play; thank You, God, for a happy day. Amen.



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